

Inappropriate Feeding Practices for Children (AK 49 USDA 425)

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| Explain to Participant | Your child is enrolled in the WIC program today because he has been fed in some ways that may be harmful to him/her. | |
| Goal | The goal is to identify and correct inappropriate childhood feeding practices. | |
| Suggestions for Reducing Risk | <p>Children over one year should be weaned from the bottle.</p> <p>Feeding a bottle to children over one year old can lead to severe dental cavities. Continued milk bottle feeding also usually leads to poor intake of other food groups and low intake of important nutrients like iron, vitamin C, and zinc.</p> <p>Other inappropriate feeding practices include feeding sugary foods more than 1 or 2 times per day or daily feeding of other low quality foods (chips, candy, cakes, high fat “snack packs,” frequent servings of Gatorade or sport’s drinks, caffeine containing beverages). These foods are harmful because they replace more nutritious foods. These foods are high in sugar, salt and poor quality fats. Review the Food Guide Pyramid guidelines and set goals for improving your child’s diet.</p> | |
| Nutrition Education Material Suggested | Explain the nutrition education material suggested. | |
| Explain Applicable WIC Foods | “Hot Food Facts for Cool Kids” | |
| | WIC Foods | Nutrients Provided |
| | Milk | Calcium, Vitamin A, Protein |
| | Cheese | Calcium, Vitamin A, Protein |
| | Eggs | Protein |
| | Beans or Peanut Butter | Protein, Iron |
| | WIC Juice | Vitamin C |
| | Cereal | Iron |
| Explain What the WIC Nutrients Can Do for You! | Calcium | Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure. |
| | Iron | Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection. |
| | Vitamin C | Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat. |
| | Protein | Makes up part of every cell in your body. Builds and maintains muscles and other tissues. |
| | Vitamin A | Helps keep your skin healthy and smooth. Helps you see at night. |
| Materials with More Information | Introduction to Table Foods Infant Feeding Guide | |